



## Feeling 'Stuck'?

By Amber Dowling

2008-04-24

**The ultimate motivating show for women feeling slightly 'stuck' in their health regime**

Need motivation to get in shape? Feeling in a little bit of a health rut? Need some inspirational women to show you how to



The women of 'Stuck'

get unstuck? Then W's latest series is definitely for you.

*Stuck* is the ultimate program for couch-potato lovers who want to get in shape but simply can't find the motivation. So put aside the tubs of ice cream, bags of chips or boxes of greasy pizza and listen up.

The premise is simple: once you're completely ready to make a health change, there is absolutely no reason to do it alone. Eating healthy and exercising sounds simple in theory, but the women of *Stuck* show us that with the right support group, a life change can be easier than we think.

Every week the women embark on another part of their journey, bringing each other up-to-date on their progress (and sometimes failures) while trying new and healthy things.

Twenty-eight-year-old Nicole decided to do the show after a friend introduced her to one of the producers. She realized she was in a slump and needed to do something about it. After trying every crash diet on the market and regaining the weight every time, with the support of the women in her group she was able to drop 30 pounds the healthy way — slowly but surely.

Tracy is another of the show's success stories. After being made painfully aware of her soaring blood pressure and resting heart rate in the first episode, she decided to stick with it, even if she didn't always see her own role within the support group. "I get along much better with men than women as a rule," she explains. "I think it's just personality."

Yet Tracy also admits that going to the gym and working with a trainer doesn't faze her, and she was able to use that part of her personality to help fellow group member Bonnie get over her fears.

"The hardest part was starting the first couple of weeks and keeping positive," says Nicole, who still has 10 more pounds to shed before she reaches her goal. "Even though it starts coming off really slowly, I'm a lot happier, I'm more focused on my goals and I just feel better, more alive. I don't feel that I'm held back at all."

"I feel really good," adds Tracy, who struggled in the first episode. "I noticed in the mirror today that I look different. I feel better about myself internally as well."

Of course not all of us can go on a TV show to find a support group and lose weight. But that doesn't mean we can't use the show as a motivational tool. "You can recreate television in your own life," advises Tracy. "If you make a goal for yourself and tell other people about it, it's really hard to go back and come up with excuses, because people know when you're making excuses."

*Stuck* premieres Wed., May 14 at 9:30 p.m. ET/PT and repeats at 11 p.m. ET/PT on W.

Thoughts? [amber@tvguide.ca](mailto:amber@tvguide.ca)

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